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ABSTRACT

With the development of Chinese economic reform, many medical and educational workers have begun to provide adolescent life education and counseling on aspects of sexual education, sexual ethics, and sexual law. The National Education Commission and Public Health Ministry issued documents to ask education units to engage in this adolescent education and counseling. This paper reports the results of the research and practices. It describes the history of adolescent education and its initiating stage of development. It organizes the information into five sections: (1) Chinese History of Adolescent Education; (2) sexual physiological and psychological characters on Chinese adolescent life; (3) the factors influencing Chinese youth sexual physiology and psychology; (4) the principles of adolescent education and counseling; and (5) the development of sexuality education and counseling. Section two provides survey data on the sexual development of Chinese youth and how it compares with youth in other countries. It concludes that adolescent education and counseling will develop faster in the future in China. It states that the direction of future work in adolescent life education will establish the standard of maturity of adolescent physiological growth, psychological development, and sexual morals. It suggests that China draw lessons from foreign countries in the theory and method on sexuality education. (Contains 11 references.) (JDM)

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Education and Counseling on Adolescent Life

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Today in China, the exchanging of different economic systems, the blending of traditional and modern cultures, the impacting of new and old value ideas were happened. The Chinese young students are growing in the environment that mass media from different ways that provided a lot of information and made their views different from their parents. They put away their parent's ideas, such as:" Face color changes when talking sex", to explore the knowledge of adolescent development. On the other hand, by the bending of sex confined and sex ignorant, their thinking became puzzled, even they did a lot of abnormal sexual behaviors.

With the development of Chinese economic reform and opening door, many medical and educational workers provided the adolescent life education and counseling from the aspects of sexual medicine, sexual education, sexual ethics and sexual law. Their researches got good results. National Education Commission and Public Health Ministry issued documents to ask educational units to engage in the adolescent education and counseling. In this paper, the results of the researches and practices will be reported as follows.

I. Chinese History of Adolescent Education

Chinese adolescent education history had a long tortuous process that was from forbidden to open. After the liberation of the People's Republic of China, the history can be divided into four stages:

1. Initiating stage of adolescent education (1949-1997)

In this period, the main thing happened was to advocate sexuality education. Pre-Premier Zhou Enlai paid attention to adolescent education. In 1954, he gave the speech to the graduated universities students talking about getting rid of the mystery of sex and encouraged the educators to engage in the sexuality education. In 1963, during the Conference of National Health and Science Planning, Premier Zhou pointed out to

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promote the adolescent education in suitable time. In 1976, during Premier Zhou illness, he emphasized again the adolescent sexual education should be arranged properly. But in fact, at that time, there were many difficulties. For example, some of the teachers didn't agree to put the reproductive organ in the text. During this period, adolescent education still was "forbidden zone".

2. A rising stage of adolescent education (1978-1984)

During this stage , the old idea about sex was begun to get rid of. The forbidden zone of sexual education was opened with the development of reform. The sexual information was gradually infiltrated into China. Many people began to realize the importance and urgency of sexual education. The Ministry of Education and the Ministry of Public Health united to publish " The Rules of Health Work in the Primary and Middle School". In this "Rules", it pointed out: " we should strengthen the adolescent education in China". From 1980, " Population Education " was taught in many Chinese senior high schools. Some of the popular science books about sexual knowledge were published . In 1982, Professor Wu Jieping translated and edited " Sexual Medicine ". He introduced the American sexual experts' research fruits into China. This book made Chinese readers "opened their eyes " and had great influences to the history of Chinese adolescent education. At the same time, many educational and medical workers wrote a lot of articles talking about adolescent education from different aspects. In some of Beijing and Shanghai Middle Schools , teaching material were published, lectures were organized, the experiences were collected.

3. Developing stage of adolescent education (1984-1987)

During this stage, some of experiments were organized and practiced in Beijing and Shanghai . In June of 1984, the research and teaching group was set up by the Beijing Education Bureau to give the guidance to the experiments for the junior high school students. In 1985, under the guidance of Shanghai Youth Research Institute, the adolescent lectures were done in about one hundred middle schools. In other cities and provinces, a few of lectures were done by the educators.

The books "Adolescent Education for Middle School Students", " Popular knowledge for the Adolescence " were published at this period. It means to end the history of no teaching material in adolescent education in China. The direction of research and practice of adolescent education became in many ways and centralized.

In June of 1985, the seminar of adolescent education was held in Shanghai, it focused on the contents and methods of adolescent education and counseling. In 1986, the same seminar was held in Beijing. In these seminars, they pointed out that every middle school should have the special group of adolescent education and put these lectures into the whole system of education.

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In 1988, " The Rules of Adolescence and Youth Protection in Shanghai " were passed by the Shanghai People's Congress. In this "Rules", one article is about the task of adolescent education. So the adolescent education was developed fast later on.

4. Extending stage of adolescent education

In this stage, Chinese National Education Commission put the adolescent education into the education planning. In 1988, on the spot meeting of adolescence education was held in Shanghai by the leadership of National Education Commission. It pointed out the procedure of education in detail. After the meeting, experiments and practices of adolescence education were carried out in the whole country.

In 1987, in the Planning of " National Seventh Five-Year Project", the research of adolescent education (RAE) was put into the key research program. In 1991, in the Planning of " National Eighth Five-Year Project ", the RAE also was put into the key contents.

Later, in 1989, 1990, 1992, the Seminars of Theory and Practice of Adolescence Education were held by the guidance of National Education Commission. In this period, Chinese theory and practice of adolescence education into the new stage.

II. Sexual physiological and psychological characters on Chinese adolescent life

Since 1987, surveys were widely engaged in the development of physiology and psychology on the urban and rural areas, adolescent sexuality educations were done in schools and families. We got several scientific reports and some analytical conclusions.

1. Shift to an earlier day on sexual physiological growth maturity

The average age of Chinese girl's first menstruation is 13.38 years old. In 1960's, it was 14.50 years old. So it became one year earlier. The average age of Chinese boy's first spermatorrhea is 14.43 years old. In 1960's it was 16.60 years old. So it is two years earlier.

Comparing with the foreign middle school students, Chinese youth's ages of menstruation and spermatorrhea are older. The recent investigation in Japan, the girl's first menstruation's age is 12.60 years old. The boy's first spermatorrhea age is 13.40 years old. In general, the maturity of Chinese puberty is about one year later than that in Japan, America and Soviet Union.

2. Shift to an earlier day on sex psychological development maturity

Psychological development manifested in two parts: the sex experience by self and the contact with the opposite sex. The researches show the average age of Chinese youth on

the first concerning of the sex affairs, the first sex impulse ,the first masturbation , the first sex dream and the first thinking to touch the opposite sex body is 14-16 years old. There is no difference onmale and female.

3. The age of sex behavior became younger

In the age of 14-16 years old, Chinese adolescents began to contact with the opposite sex. Among them, 12% youth had a secret meeting of lovers; 9% youth told they had boy or girl friends; 7% female and 21% male wanted to touch the opposite sex boy. In the ways of touching the opposite sex body: 70% hand in hand, 10% to embrace or kiss, 5% caress lovely, 3% intercourse.

4. To take an opened and clear manner about sex idea

58% male and 45% female of youth thought the sex behavior was normal activity that everyone had. The 12% of adolescent thought sex was bright and happy activity. Lower than 5% of adolescent thought it was dirty and obscene. Asked the students in the middle school whether the students can be in love or not: 50% students thought it was not suitable, 24% male and 16% female students thought it was helpful to be in love in middle school period.

5. The rate of sex fault was getting up

The sex fault means a general behavior term of breaking the law and a criminal offence on sexual relations, eg: pregnancy in the young girl, rape, gang rape and so on. In some areas, the number of rape and gang*rape in 1986 was 10.7 times than in 1977.

6. The lack of sex knowledge

70% male and female of adolescents had no psychologicalpreparation for the first menstruation and the first spermatorrhea. They didn't know how about the sexual impulse and masturbation. 70% female young girls didn't know where the baby to be born, where the foetus be growing up. This is the contradiction with the earlier physiological development.

III. The factors influencing Chinese Youth sexual physiology and psychology development

According to the research of experts on adolescent education, there are two factors influencing youth sexual psychology and idea changing.

1. Public mass media

According to the investigation, the biggest factor influencing middle school student's sexual idea and behavior is the mass media about over 70% in male and female. Today the

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middle school students accept much wore social information than before. So their psychological maturity became earlier , sexual activity became younger. From the reports by students themselves, some contents in newspapers, magazines, arts books and so on gave them great stimulation and temptation. All these lovely information gave the young sense organ stimulation, emotion expression and affected their world life view and moral idea, also influenced their development in sexual physiology and psychology. All these influences always infiltrated soul and spirit of the Chines youth.

2. Contradiction between social maturity and sexual physiology maturity

Today the young faced the contradiction between sexual physiology maturity earlier and social maturity sluggish. In general, it takes about 10-15 years, after their sexual physiology maturity to their legal sexual behavior.

During these years, how to deal with the sexual puzzles in the young students? Hard study to get higher education level©©sublimating their sexual impulse is a good and real method resolved.

IV. The principles of adolescence education and counseling

In many countries from all over the world, some of the principles are used when they engage the adolescent education and counseling.

1. The principle integrate the sexuality education and moral education

With the social changing, sexual idea and sexual value are also varied. Under this circumstance, moral education must be adapted with sexual education.

2. The principle of no irritating libido

We should avoid all kinds sexual temptation to the youth. Because the young students didn't have the inner self control power. We should ask the young students keep their libido in the lowest status. We shouldn't stimulate the student's libido.

3. The principle of respecting the student's secrets

The teacher and counselor shouldn't talk or open the student's secrets. When the student spoke out the private matters, the counselor should maintain the secrecy. You can talk with the student: " For the past, let it past " , this is helpful to the student. When the student talked out their " secrets " to the counselor, he or she will feel much better in his or her feeling.

4. The principle of harmony

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Sexuality education and counseling should be in the united and harmony environment. The environment should include school, family and society. The principle of harmony means the sexuality education should keep in step with , continuously in the society , family and school.

V. The Direction of Development of Sexuality Education and Counseling

The adolescent education and counseling will develop fast in the future of China . Sexuality education is a social system project dealt with multi-disciplines, transform social traditions. It directly influences the successor's moral and culture diathesis. So we must actively engaged in adolescent life education with serious manner . We hope to let more and more people to understand the importance of adolescent life education and let them take part in our research and practice. The direction of further work will be as follows:

1. Many concepts should be defined

Now there are many concepts in the puberty education onfused. Some of the concepts' meanings are not clear and easy to ake mistakes resulted in different implication. Such as: sexual interfere, sexual defect, early love and so on. Now we should clarify some of the concepts and unified. We can use some of the useful concepts from physiology, psychology and sociology.

2. Establishing the standards of maturity of adolescent physiological growth, psychological development and sexual moral

All of the standards should be reasonable, scientific and authoritative.

3. Draw lessons from foreign countries in the theory and method on sexuality education

We should compare all foreign experiences with our researches and practices. We should learn from foreign countries strong points to offset our own weaknesses.

4.Summarize accumulated theory research and practical results

We'll reveal the rules of adolescent education and counseling to establish the basic theory system. In the curriculum designed, different grades teaching textbook and qualified teachers training, a lot of researches and works should be done.

Puberty is the youth's "golden season of life", also is the key period of personality formed. The health of sexual physiology and psychology makes great influence to the maturity of whole personality.

Adolescent life education and counseling should put our view from the angle of psychological diathesis, moral accomplishment, social activities, appreciation of beautiful,

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temperament and interest. Through the training of health sexual psychology and sexual awareness, the adolescent personality can be mould by themselves actively. Facing the 21 century challenge, health successors is the key factor of Chinese future.

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